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ABSTRACT

"Dos and Don'ts" is a supplementary booklet to the televised parent training program, "Teaching Your Child." The program was designed to reach parents in low income areas around Minneapolis, Minnesota. This particular booklet was intended to provide guidance on child rearing by presenting specific concepts in an easy to read format. Some of the concepts presented were exemplified by these guiding comments: "Tell your child what you like;" "Starting something your child can do;" "Let your child do it." Two other booklets, EM 010 827 and EM 010 826, are an integral part of the program. (MC)

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TEACHING YOUR CHILD

DOs & DON'Ts

EM 010828

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TEACHING YOUR CHILD DOs AND DON'Ts

Lanny E. Morreau

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INTRODUCTION

We all have our own ideas about how to raise children. There is no one "right" way. What works with one child may not work with another.

But some things are true for almost all children.

CHILDREN LEARN BEST WHEN THEY ARE HAPPY.

CHILDREN LEARN BEST WHEN THEY CAN DO THINGS WELL.

CHILDREN LEARN BEST WHEN THEY KNOW WHAT WE WANT.

CHILDREN LEARN BEST WHEN WE LET THEM KNOW WE LIKE WHAT THEY DO.

The methods talked about in this book are not new. Parents have been using them for many years. By using them, you can make learning easy and fun for your children.

There are several things you should remember as you try them.

IT TAKES TIME .

NO ONE IS PERFECT.

ANYONE CAN DO IT.

CHILDREN ARE NOT "GOOD" OR "BAD. "



WHAT CAN YOU DO?

You are always teaching your child new things.

Each time you talk to him you are teaching him. Each time you play a game with him he is learning something.

Until he three or four years old, he will learn almost everything from you or someone in your family.





WHY DO IT?

The more your child can do when he goes to school, the better he will do in school.

If you read to him, he will want to read. If you play games with him, he will want to play school games.

If he draws on paper and you tell him how good it is, he will want to draw and write.

Your child will feel good about doing things you like. He will like them even more because you are doing them with him.





YOUR CHILD

Even the smallest children are learning new things.

Your baby can learn just from being in your arms, or grabbing at your fingers, or hearing your voice.

He will do things over and over again if you laugh with him or hold him close each time he does something new.

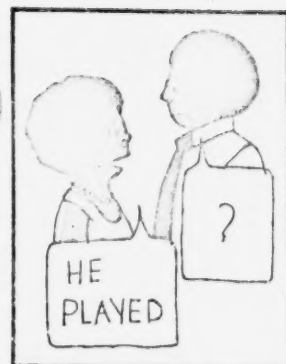
If your child does something, and then something good happens, he will do the same thing again.

After your child learns to do one new thing, it will be easier for him to learn other things.

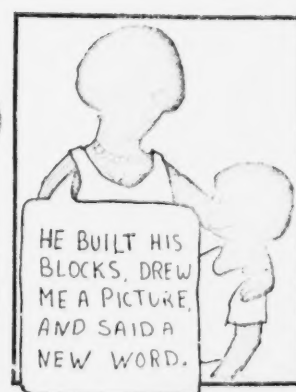
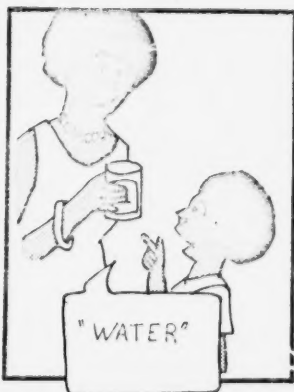


PART I
SEEING YOUR CHILD

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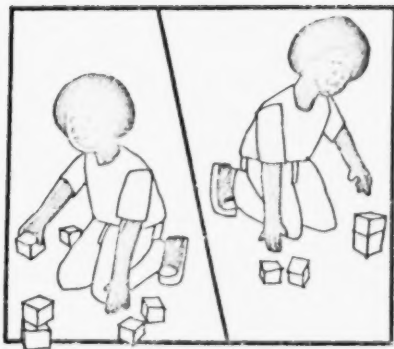


WHAT YOUR CHILD DOES

First you have to find out what your child does.

Some things you'll want him to do more often. Other things you'll want him to stop doing.

You should be able to say what your child does in a way that other people will know exactly what he does.

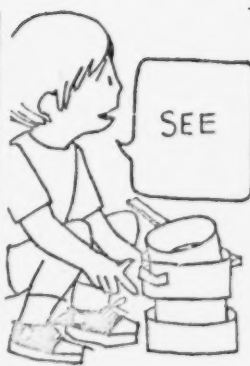


STACKING BLOCKS
NOT
PLAYING

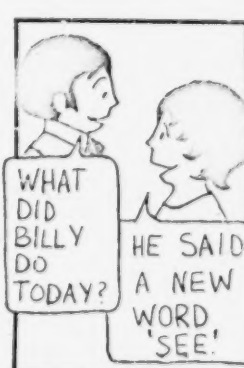


HITTING WITH THE TRUCK
NOT
BEING BAD

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WATCH YOUR CHILD

If you look at your child and he's doing something you like, walk over and say, "That's good." Or hold him close and play with him for a minute. He will do the thing you like more often.

DON'T



KNOW HOW OFTEN HE DOES IT

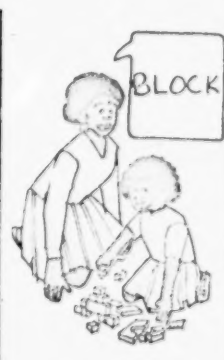
If you want your child to do something more often, you have to know how often he does it NOW.

You can't watch him all day. But, you can watch him closely during small parts of the day.

Pick a special time--a time when you are not too busy with other things around the house. Then, play with him, read to him, or just watch what he does.

Keep track of how often he does something by counting it on a piece of paper.

PICK A SPECIAL TIME WHEN YOU WILL USUALLY BE ABLE TO DO THINGS WITH YOUR CHILD.



DO

IT WORKS BOTH WAYS

If your child is doing something that bothers you and you get angry, you feel something. But so does your child.

What you do makes your child feel good or bad. What your child does makes you feel good or bad. You feel better when your child does nice things. Children feel better when you do nice things.

REMEMBER: You have to let them know what you like.

DON'T

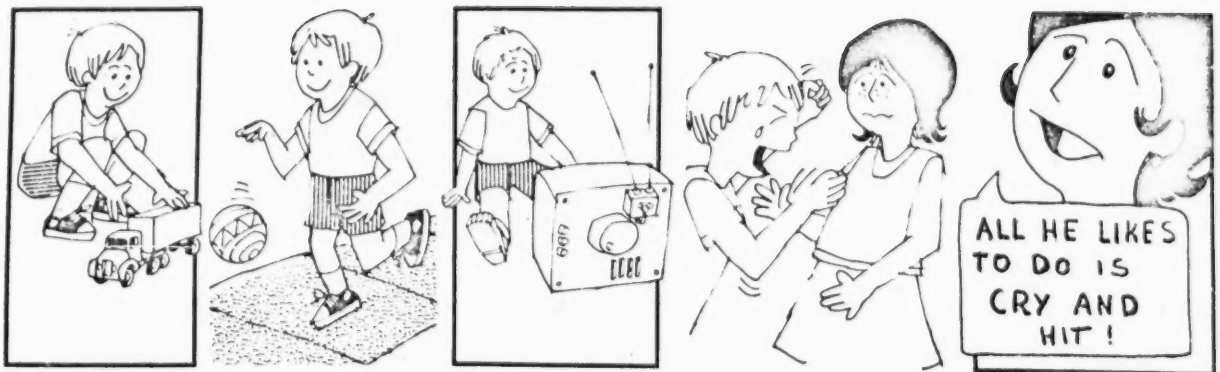


TELL YOUR CHILD WHAT YOU LIKE

There are many ways you can tell a child you like something. A child knows he is doing something you like when you hold him close after he has done it. He also learns that your smile means you like what he is doing.

You show babies what you like when you laugh with them or make the same sounds they are making.

With older children you can tell them you like something.



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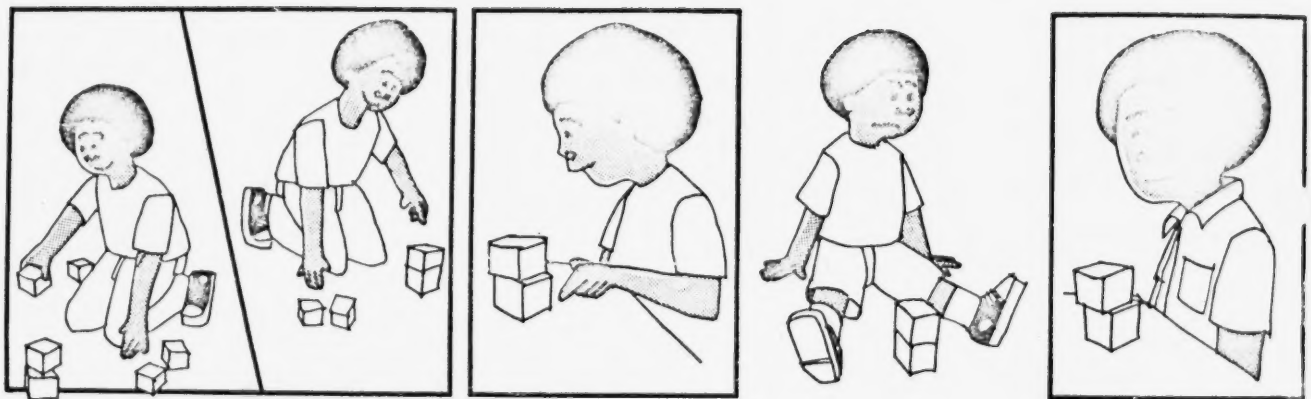


A CHILD CAN TELL YOU WHAT HE LIKES

Your child will also tell you what he likes. When your baby laughs or smiles, he is showing you he likes what you do.

Older children may tell you what they want, or, you can tell by what they do. If they do something often, they like it.

If they are very happy when they do something, they like it. If they ask for something often, they like it.



SOMETHING HE LIKES

Your child will do more new things if something he likes happens after he does them.

First, let the child know what you want.

Then, when he does it, make sure something happens that he likes.

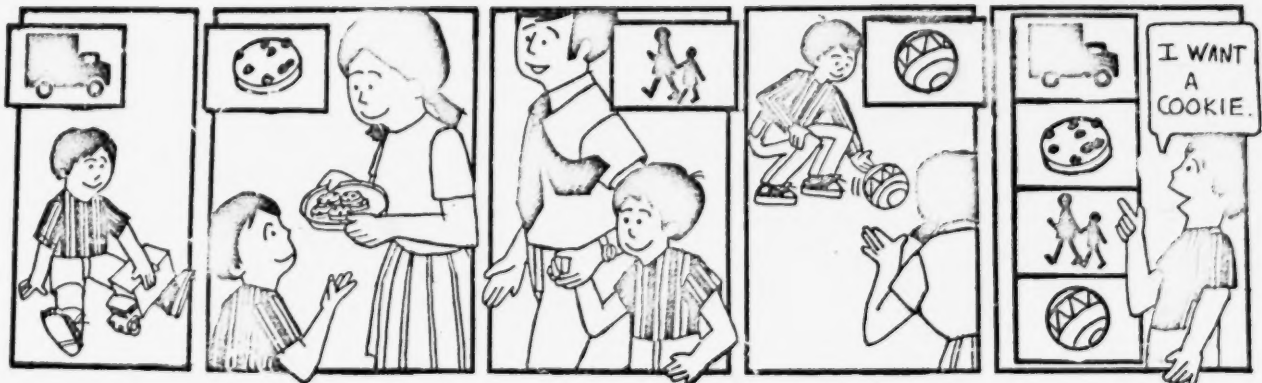
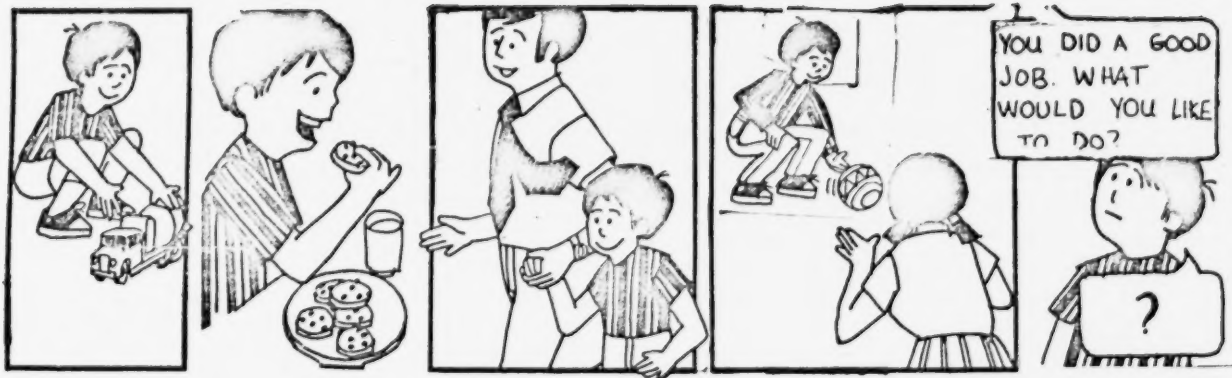


YOU ARE THE BEST THING HE HAS

Children like to hear happy sounds from their parents. They like to feel their parents holding them. They like to have their parents play with them. You don't need many other things to make children happy.

When you see your child doing something you like, let him know you like it. With small children and babies, laugh with them, hold them, and play with them.

Children also like it when their parents say nice things to them or about them.



FINDING OTHER THINGS HE LIKES

When children are one or two years old, they like many things. They like to play more by themselves. They like pieces of candy. They like to go places. They have special games they like to play with their parents.

Watch for those things your child does often and for those things that make him very happy.

You can then draw pictures of the things he likes. After he does something you ask him to do, let him pick something he wants to do from the pictures.



· BE COOL--BE FAIR

You want your child to be fair and not to get mad at you--nobody wants to "fight" with his children. Teach him to be fair by being fair with him. If you are fair with him, he will probably be fair with others. If you don't get angry with him, he will show less anger with you.

Most people do not like to shout at children. Children do not like to be shouted at. If you keep cool, you may not have to hit or shout at your child.

DON'T ADD EXTRAS

When you have agreed to do something with your child, you should always do it.

After he does what you have asked, you should let him do what you said he could do.

You should not add extras.

TELL YOUR CHILD THE RULES

Your child should know what you want. He should be told how you want him to act. He should be told what he can and cannot have. Children should not have to guess.

We all have rules for our homes. If children know them, they will be happier.

You should make rules for things that are true all the time.

THREATS WEAR OUT--SO DO PROMISES

Don't say you're going to do something and then not do it.

Your child may do something you don't like. You may say, "If you do that again, you will go to your room." If it happens again and you don't send him to his room, he won't believe you the next time. He will keep doing it.

Your child may do something you like. You may say, "When you do this, we will play ball." If you don't play ball with him when he gets done, he won't believe you the next time. He may not do it.

If you say you will do something, always do it.

ALWAYS DO WHAT YOU SAID YOU WOULD--BE FAIR

It's easy to forget what we say we'll do. Or, sometimes, things happen that make it hard to do. A child doesn't understand why we can't do it.

If you say something will happen, you should try to do it.



DO NOT HIT--DO NOT HURT

Sometimes we all get angry. Our children get angry with us and we get angry with our children. Every family has its "hassles."

When children are hit, they hurt.

No one likes to be hurt. Sometimes children even do things we don't want more often because they are hurt.

If your child is hurt, he may not learn what you want him to. Children learn to do things that lead to something they enjoy.



YOUR CHILD WILL DO NEW THINGS

Let's talk about what you've read so far.

Your child will learn new things each day. Even babies are learning. You can make your child happy while he learns.

You know how to find things your child likes.

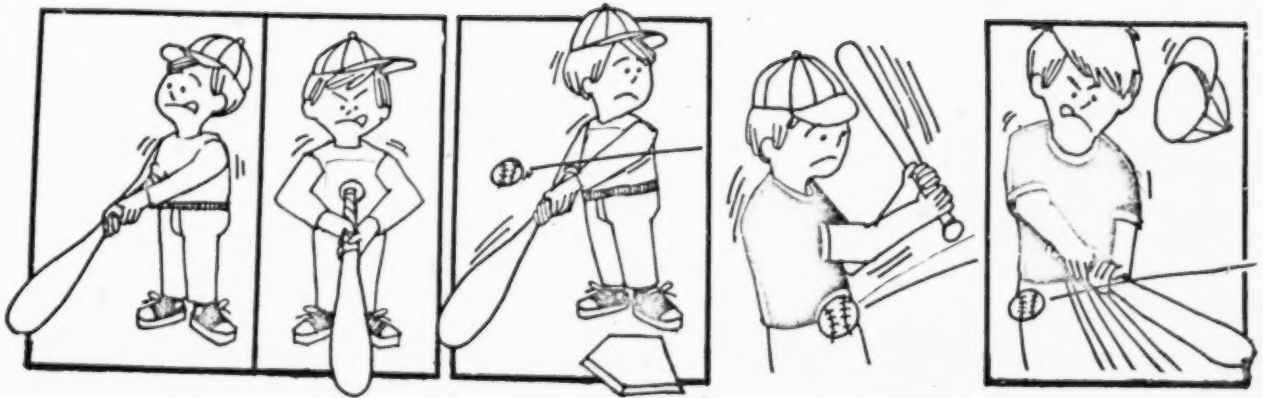
You know that if something he likes happens after he does something, he will do it more often.

You know that if you hurt or hit your child he may not learn as well. He may even learn to do something you don't like more often.

PART II

HELPING YOUR CHILD LEARN

DON'T



DO



START WITH SOMETHING YOUR CHILD CAN DO

Your child will learn faster if you start with something easy.

Find something he can do. Then, help him do it better. When he can do it well, start on something new.

TUNE YOUR CHILD IN

Always get your child "tuned in" before you start to teach him. A quiet place works best.

Help him by saying his name or talking to him first or playing with him at what he is doing before you begin.

Get your child "tuned in" to you before you start teaching him.

TALK TO YOUR CHILD

The more you talk to your child the more he will learn.

You can help a baby learn by making the same sounds he makes. With small children, you can answer their questions and read to them.

Most important, listen when your child talks to you. Let him join in. We all learn by talking and listening.

LEARNING CAN BE FUN--MAKE LEARNING A GAME

Children learn while playing. You can make up games to help your child learn.

Putting toys in a box to fill the lion's belly.

Putting dolls to bed or trucks in a garage at night.

Looking at magazines to find a picture of something you talk about.

Finding many things in the house of the same color.

Counting the number of grapes in a bowl and eating them.

Think of some games you could play with your child. Play them and help him learn.



TALK TO YOUR CHILD



FIRST THINGS FIRST

You do not ask your child to walk before he can stand. You also do not ask your child to tell you what is in a picture until he can say words.

You must start your teaching with something your child will be able to do.

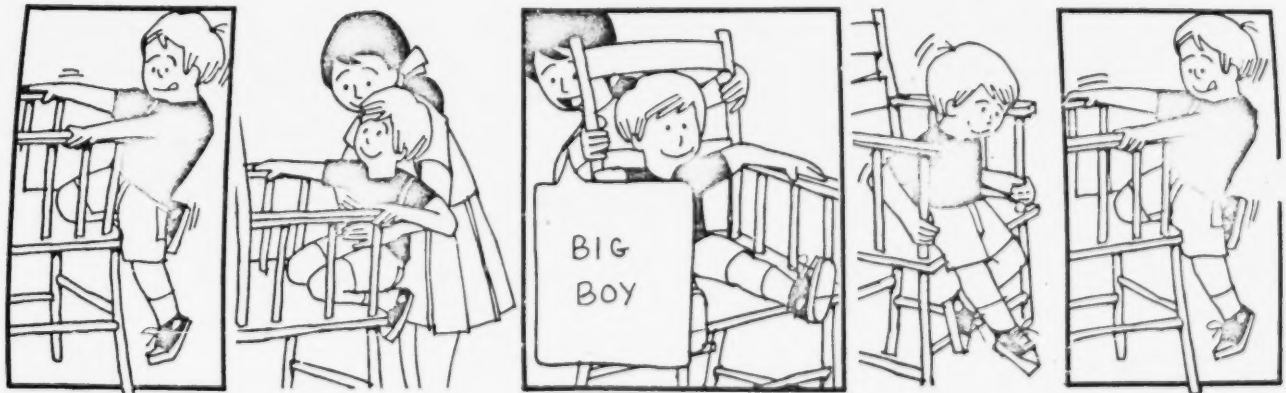
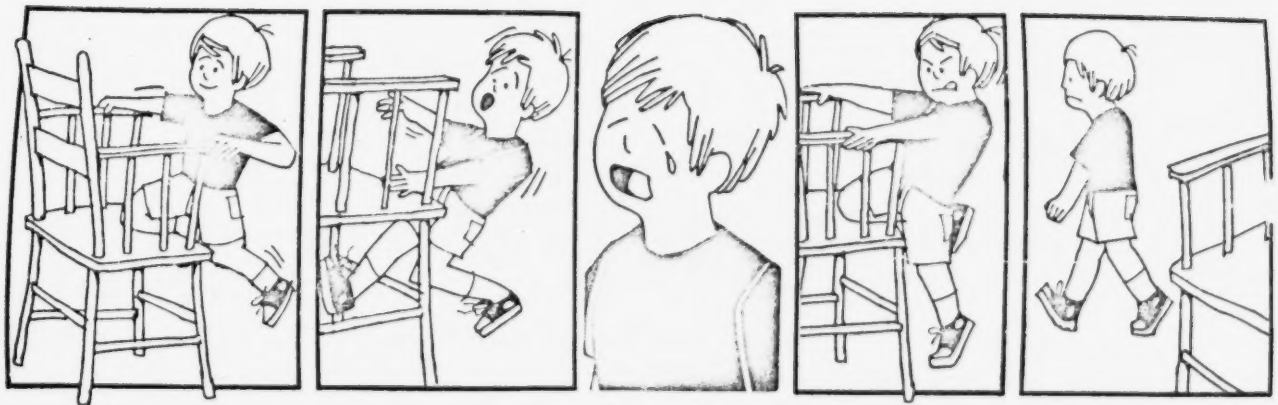


START SMALL--MAKE SURE HE CAN DO IT

The first time you ask your child to do something you should ask for just a little bit. When he does it, let him do something he likes.

The next time you can ask for just a little more. It will not be long and he will be able to do it all.

Start with one small thing. Show him how to do it. Then, let him do something he likes each time he does one thing. He will soon be able to do it by himself.

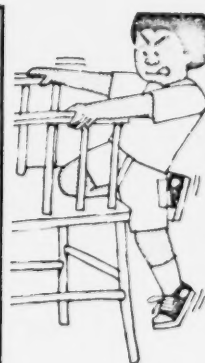
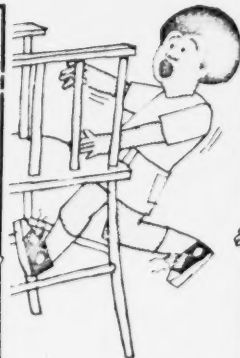
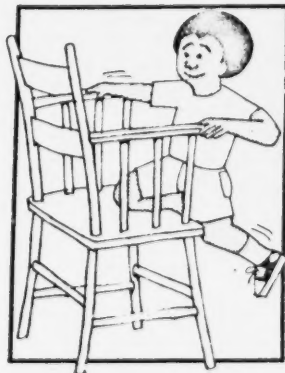


HELP HIM AT FIRST

If you want your child to do something new, you have to teach him how. You may have to help him at first. A baby does not learn to do new things by being told how to do them. He has to practice and you have to help.

You may have to help him the first time he does something, but soon he will be able to do it alone.

BEGIN WHERE YOUR CHILD IS. FIND OUT WHAT HE CAN DO. THEN TEACH HIM THE NEXT STEP.



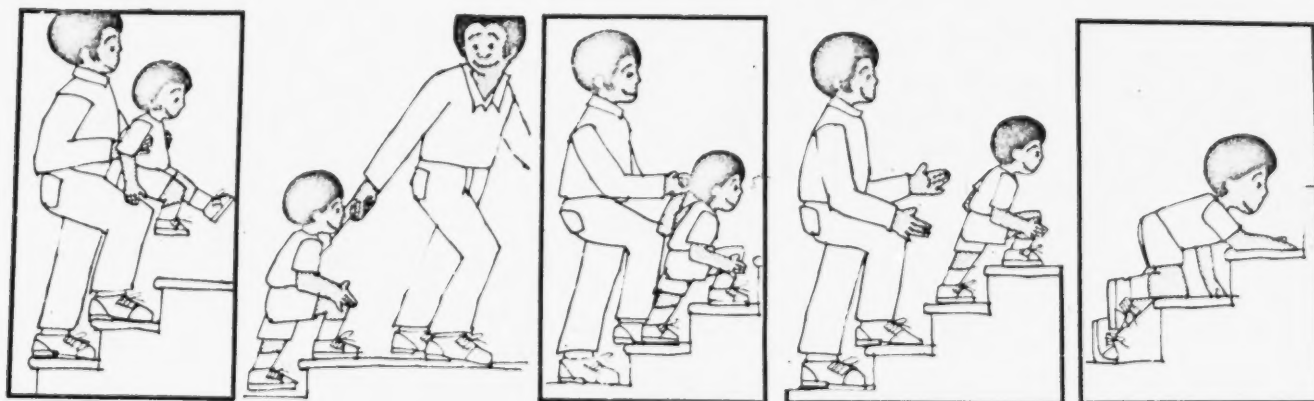
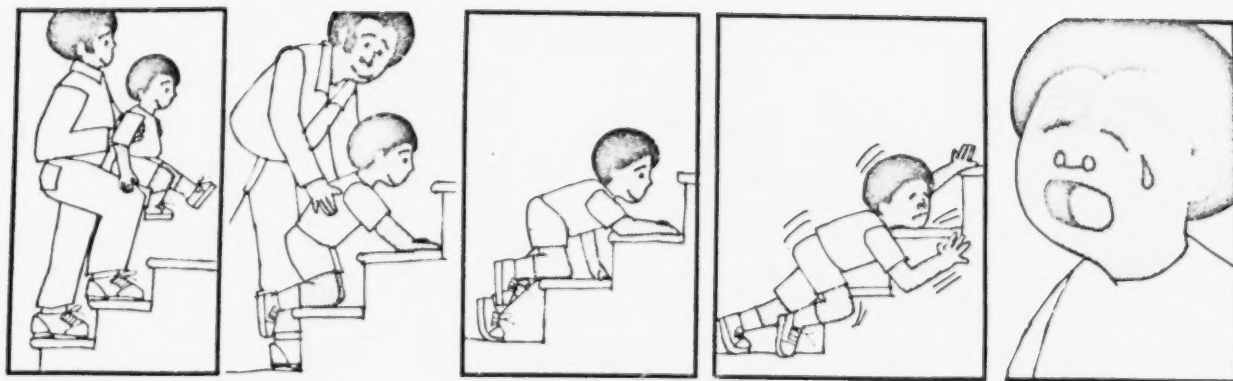
LET YOUR CHILD DO IT

You want to teach your child to do things by himself. Be careful not to help him too much.

You are helping him too much if you keep doing something he can do himself.

HELP YOUR CHILD UNTIL HE CAN DO THE REST.

Do everything the first time. The next time, do everything but the last part for him. Then, let him finish it himself. Praise him for what he does alone. Do less and less each time.



TAKE ONE STEP AT A TIME

Don't go too fast. You have to take your time. Your child learns things in small steps.

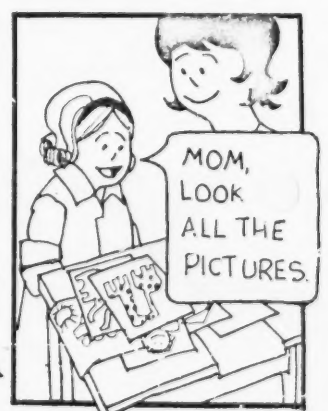
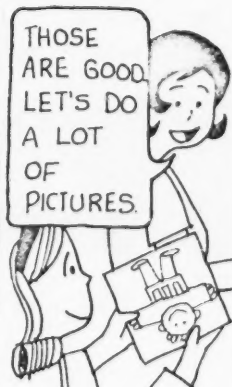
Each time he does one new thing, let him know that you like what he did. You would not give a two-year-old a picture to color and then ask him to stay in the lines. Start by letting him scribble on a piece of paper--he is learning. Then, take his hand and show him how to make up and down lines. He can copy these by himself. Soon, he will learn to control the crayons and will draw alone. Children like to color with other people. They like to have someone say, "That is a good picture." And, you can really show your child that you like what he did by putting his drawing on the wall and showing it to other people while he is around.



ALWAYS GIVE SOMETHING HE LIKES

When you are teaching your child something new, you should let him do something fun or show him that you like what he did.

At first, something good should happen each time he does it.



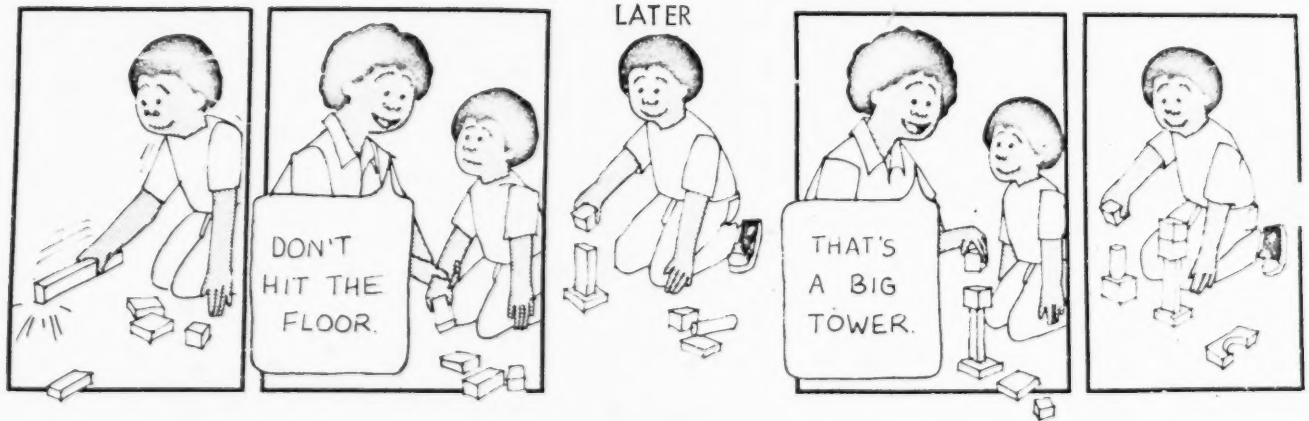
ONCE IN A WHILE

After your child learns to do something well, you do not have to give him something he likes each time he does it. He will keep doing it if the thing he likes happens once in a while.

You should make sure you still let him know that you like it--but not as often. For example, every three or four times he does it.

Then start with something new. Each time he does the new thing, let him do something he likes.

You can ALWAYS tell him he did a nice job.



WORKING TOGETHER--TELL THE CHILD WHAT YOU WANT

Your child is not good or bad. Sometimes you do not like what he does. You still like him. You should not say, "You are a bad boy," or "You are wrong."

Talk about what he did. Your child has to know what you do not like. He also has to know what you like.

Your child does things because something he likes happens after he does them.

If you tell your child what you like, he will do it if something he enjoys happens. If you tell your child what you do not like, he will not do it, if nothing he enjoys happens after he does it.



WORKING
TOGETHER





TELL THE CHILD WHAT WILL HAPPEN WHEN IT IS DONE

Your child should know what will happen after he does something you like. When he does what you ask, always do what you said you would do.

Do not ask for too much. Make sure that something he enjoys happens.

Sometimes your child will do things you like without being asked to do them. Watch your child, "catch him being good," and tell him you like it.



LOOK FOR SOMETHING GOOD AND TELL HIM ABOUT IT

Your child does many things you like. Even babies do things you want them to do. WATCH FOR THESE THINGS.

ALL CHILDREN DO "GOOD" THINGS. WATCH YOUR CHILD AND LET HIM KNOW WHEN HE DOES SOMETHING YOU LIKE.



DON'T WORRY ABOUT LITTLE THINGS YOU DON'T LIKE

We all get "picky" with children. We see little things we don't like and we tell children about them--over and over and over again. No wonder children learn to "tune us out."

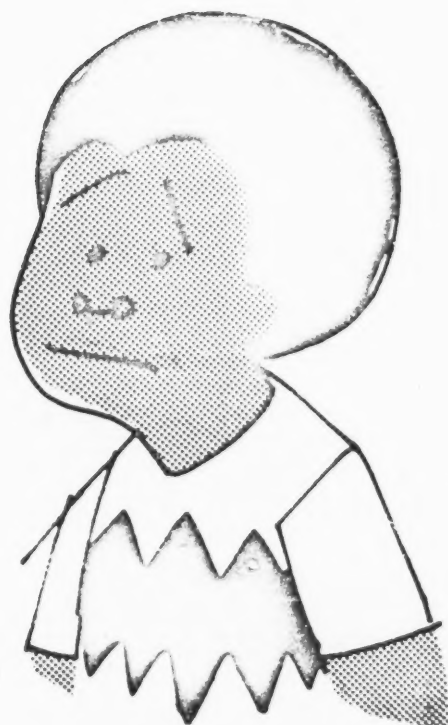
Don't worry about little things you don't like. Don't keep talking about them.

Show your child what you want. Show him how to change. Then, when he does it right, show him how much you like it. He will learn to do more things you like.

DON'T CHEW
YOUR NAILS!

DON'T SHOUT!!

YOUR HAIR'S
A MESS!



STAND UP
STRAIGHT!

DON'T EAT SO
FAST!

YOUR ROOM'S
A MESS!!

DON'T NAG

PART III

WORKING WITH YOUR CHILD

DOZT



OD



DO NOT HIT--DO NOT HURT

Hitting your child doesn't teach him much. If he is hurt, he doesn't want to learn.

Your child is also hurt by things you say. You shouldn't call him names. You should try not to shout or scream at him.

If you tell him what you like, he will try to do it. If you show him what you like, he will try to do it.

When he does what you like, show him you like it. If something he likes happens after he does it, he will do it more often.

You don't have to hurt him. He will not want to hurt you. He will want to learn more.



A CHILD WHO IS CRYING DOESN'T LEARN MUCH



HE MIGHT FIGHT BACK

Children can fight back. They do when they are hurt. They may try to hurt us. They may say things we don't like. They may do more things we don't want them to do.

Then we would have to spank or hurt them again. They may keep doing the things we don't like. Soon we seem to be hitting them or shouting at them all the time. They are not happy. We are not happy.



HE MAY STOP TRYING

When your child is hurt, he may not learn very much. He may stop trying to learn. He may seem to be "good." He may not want to talk to you. He may not want to play with you. He may not want to be around you because you have hurt him.

Doing things with you is how he learns. If he stays away from you, he won't learn as much. He may not want to try new things.



SOMETIMES YOU HAVE TO--YOU CAN'T LET HIM HURT HIMSELF OR OTHERS

Sometimes your child learns when he is hurt. If he is going to hurt himself, you may have to stop what he is doing by swatting him.

You can't let your child hurt himself or others. You should not let your child break things on purpose. You have to let him know that what he is doing is "wrong." If you want him to learn, you should always tell him why he has been hurt.

Never hit your child's face, chest, or stomach. Even shaking your child can hurt him very badly.

DON'T PUNISH EVERYONE

You shouldn't punish all your children because one of them does something you don't like. You may be punishing the other children when they are doing something you want them to do. Then they will do it less often.

DON'T OVERDO IT

If you punish your child, don't be too hard on him. Tell him why he is being punished. Tell him how long it will last.

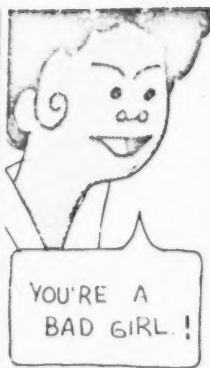
We all get angry sometimes. When we're mad, we might punish too much. Try to be cool. Be fair. When we are angry, a spanking may turn into a beating.

Don't punish your child the first time he does something you don't like. We want him to learn. Telling him you don't like what he did may be enough. Tell him what will happen if he does it again.

Do only what you said you would do if he does it again. If it doesn't happen again tell your child how happy you are. Let him know that you like it when he doesn't do what you don't like.



DON'T HIT--DON'T HURT



YOUR CHILD LEARNS BY MAKING IT RIGHT

Your child learns things by doing them. If your child does something "wrong," you can teach him how to do the right thing.

You don't have to hit him or shout at him. You can have him correct what he did that you didn't like.

If your child breaks something, he will learn more if he has to give up something of his own to take its place. If your child makes a mess, he will learn more if he has to clean it up.



A TIME AWAY FROM GOOD THINGS

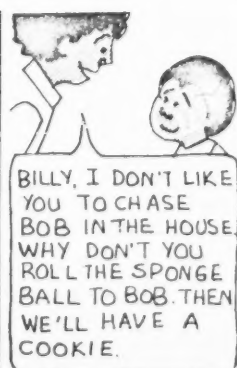
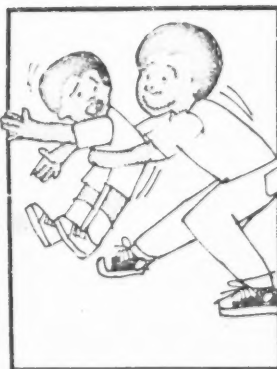
Tell your child what you do not like and what will happen if he doesn't stop doing it.

You should tell him how long he will have to stay away from something he likes to do. The time away from things he likes should be very short for a small child.

Tell your child why you are sending him to his room or sitting him in his chair. If you don't tell him, he won't learn.

Don't scare your child. You shouldn't put him in a dark room or a closet. If you scare him, you hurt him. Scaring him may be worse than hitting him.

REMEMBER: YOU SHOULD ALWAYS TELL YOUR CHILD WHAT YOU WANT.
IF YOU DO TAKE SOMETHING AWAY, TELL HIM WHEN HE CAN
GET IT BACK.



FIND SOMETHING ELSE HE CAN DO

If your child is busy doing something you like, he won't have time to do things you don't like.

If your child is doing something you don't like, look for something else he could be doing. When he does the new thing, show him you like it.



WHAT YOUR CHILD WILL LIKE MOST IS YOU

A LOOK AT
WHAT WE'VE LEARNED

IF YOU WANT YOUR CHILD TO DO SOMETHING MORE OFTEN,
LET HIM DO SOMETHING HE ENJOYS AFTER HE DOES IT. FOLLOW
THESE STEPS.

1. Think of what you want your child to do more often.
2. Count how often he does it now.
3. Find things your child likes.

HE ASKS FOR THEM.
HE DOES THEM OFTEN.
HE SAYS HE LIKES THEM.
HE IS HAPPY WHEN HE DOES THEM.

4. Tell your child what you want and what he can do after he does it.
5. After he does it, always do what you said you would do.
6. Count how often he does it. See if he does it more often.

IF YOU WANT YOUR CHILD TO LEARN SOMETHING NEW, FOLLOW THESE STEPS.

1. Start with something your child is ready to do.
2. Start with one small step.
3. Get your child's attention before you begin.
4. Tell him how to do it. Show him how to do it.
5. Next time, do everything for him but the last part. Let him finish it himself.
6. Help him at first. Talk to him and show him little steps if he needs help.
7. Let him do something he enjoys or show him you are happy each time he does one part right.
8. Do less and less each time.
9. When he can do it all well, start something new.

IF YOU WANT YOUR CHILD TO DO SOMETHING LESS OFTEN, TAKE AWAY SOMETHING HE ENJOYS AFTER HE DOES IT. FOLLOW THESE STEPS.

1. Think about what you want your child to do less often.
2. Count how often he does it now.
3. Tell your child what you do not like and what will happen if he does it.

HAVE HIM CORRECT IT.
FIND SOMETHING ELSE HE CAN DO.
TAKE HIM AWAY FROM SOMETHING HE LIKES.

4. If he does it, always do what you said you would do.

REMEMBER: DO NOT HIT YOUR CHILD.
CHILDREN WHO ARE HURT DO NOT LEARN AS WELL.

5. Count how often he does it. See if he does it less often.

As you teach your child, you should remember two things.

IT TAKES TIME--DON'T EXPECT TOO MUCH, TOO SOON.

and

WE ALL MAKE MISTAKES--DO KEEP ON TRYING.

With your help, your child will learn many new things.

By using these methods, you can make learning easy and fun for your child.
He will learn to live happily with his family.